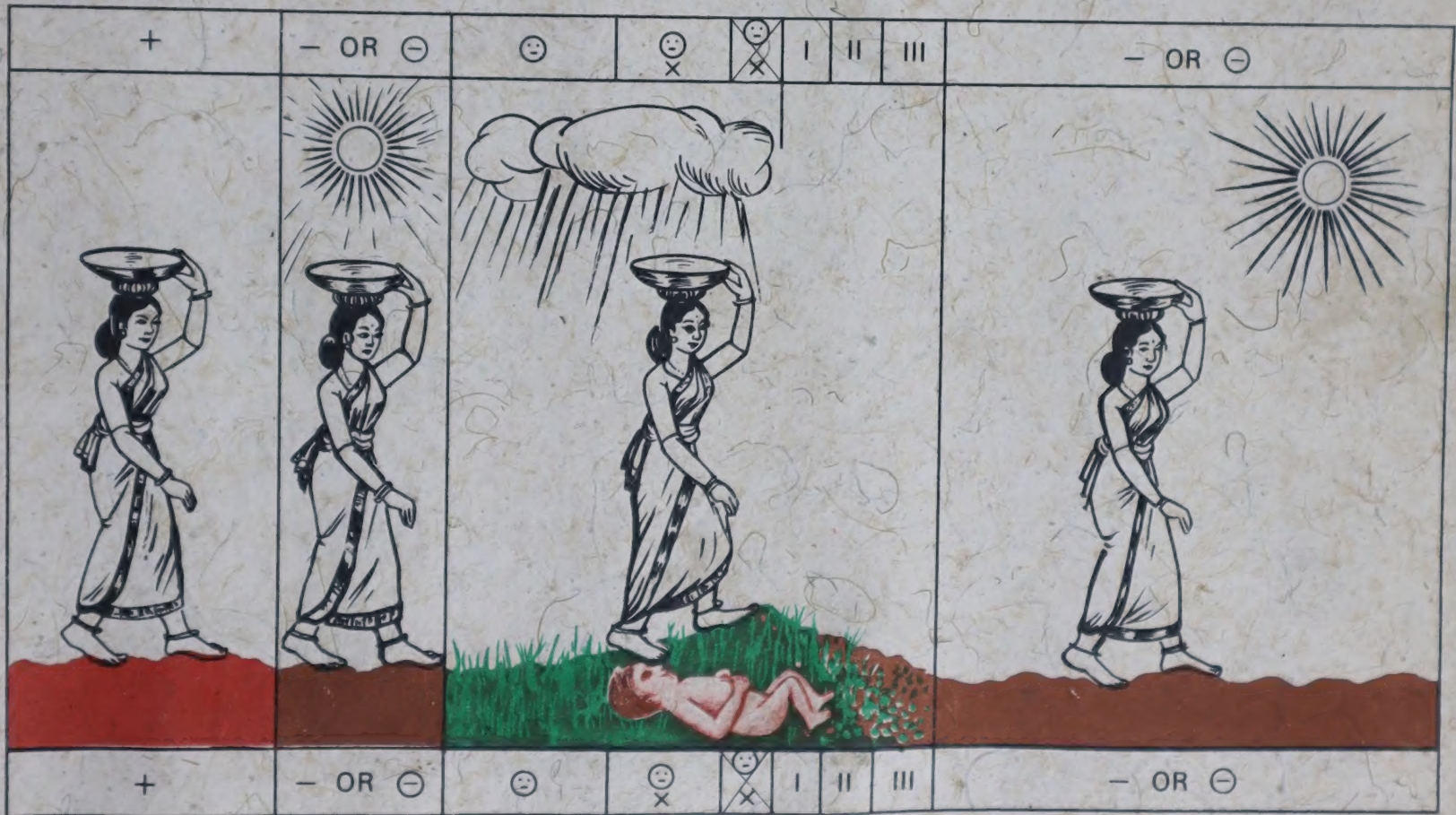


"WOMAN! KNOW THYSELF"

By Dr. B. J. MAC NEILL
M.B., B.Ch., B.A.O. (N.U.I.)





COMMUNITY HEALTH CELL

"WOMAN! KNOW THYSELF"

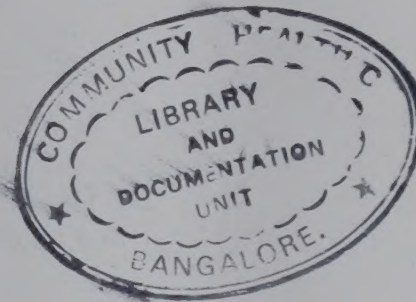
"WOMAN! KNOW THYSELF"

By Dr. B. J. MAC NEILL

M.B., B.Ch., B.A.O. (N.U.I.)

"If you do not raise the women
don't think there is any other way to rise".

—*Swami Vivekananda*



02902 WH 140 N85

Published by:

Family Life Services, Paul VI Development Centre,
St. Therese St., Pondicherry-605 001, India.

Copyright Reserved

Printed at:

All India Press, Kennedy Nagar, Pondicherry-605 001
India.

Dedicated
to
"OUR TAINTED NATURE'S SOLITARY BOAST"(1)

"WOMAN YOU ARE BLEST!
YOU HAVE TAKEN UPON YOURSELF THE CREATOR'S WORK
AND ARE HIS HELPER,
YOU OPEN THE WAY TO RECOVERY
AND EVER RENEW THE OUT-WORN WORLD;
QUIETLY, BRAVELY, IN BEAUTY'S FORM,
YOU CARRY WITHIN YOU
THE PRESERVING FORCE OF THE UNIVERSE,
AND FOR THE FALLEN, THE BROKEN, THE DEFORMED,
THE GRACIOUS TOUCH OF THE *LOVELY ONE*."

Rabindranath Tagore

ACKNOWLEDGEMENTS

My sincere thanks to Dr. John Billings for his reading and correction of this manuscript and for his suggestions: also for his Foreword.

My thanks are also due to my colleagues in the NFP field for their suggestions, encouragement and appreciation.

Dr. B. J. Mac Neill

St. Joseph's Hospital
P.B. 32,
Pondicherry 605 001.
India.

22 August 1985.

FOREWORD

It is a great pleasure for me to write a few lines as foreward to this little book. I have known Dr. Mac Neill for the past ten years and have watched with appreciation her work in the field of Natural Family planning, Health and Development. This booklet is the fruit of her experience and reflections during her 34 years spent in India.

Every woman from the college girl up, should be in possession of the basic knowledge contained in this book. The style and language are simple so that all may benefit.

The Ovulation method, treated of in the second part of the booklet, is very scientific but also very easy to use successfully. It is important for the couple to learn the authentic method. This sound, easy-to-follow description will be found to be most useful to those couples who have had difficulty in achieving pregnancy and to those who need to postpone it.

Dr. John. J. Billings.

Melbourne,
Australia.

INTRODUCTION

The object of this booklet is to bring to the notice of women many different but important aspects of their life, about which, unfortunately, many are allowed to stay in ignorance.

This booklet does not pretend to be complete nor deep. The choice of subjects has been made at the express desire of several friends. Only the essential information is given on each subject and that in the simplest possible language avoiding as far as possible all scientific data and unnecessary explanations so that every woman may benefit from it.

CONTENTS

Chapter	Figure	Page
1. The Human Race—It's continuation.		1
2. Man and Woman—Mental, Emotional and Spiritual Differences.		2
3. The Reproductive Organs:		5
—The Male Reproductive Organs.	1	
—The Female Reproductive Organs.	2	
4. Conception:	3	9
—Marriage Between Near Relations.		
—The Sex of the child.		
5. Feeding the child:		11
—Breast Feeding.		
—Solid Feeding.	Table 1	
—Mother's Diet.		
6. Responsible Parenthood.		13
7. The Menstrual Cycle.	4	15
8. The Seasons of the Woman.	5	17
9. Avoiding Pregnancy:	6	19
—Caution I : Shortening of Menstrual Cycle.	7	
—Caution II: Stress Situations.		
10. Achieving Pregnancy.	8	23
—Infertility.		
11. Avoiding Pregnancy During Breast feeding.	9	25
12. The Billings' Ovulation Method.	10	27
13. Conclusion.		28
14. Bibliography.		29

Chapter 1

THE HUMAN RACE — IT'S CONTINUATION

Sex is one of God's greatest gifts to mankind, a most sacred gift because it makes us partners in God's creative power. It has been given to us by God so that the human race may be continued.

God has put into man and woman an attraction for each other. Without this attraction they would never seek to be united in marriage.

In marriage, the couple freely give themselves to each other and vow fidelity until death in a covenant of love. The child is the fruit of this love. "The glory of the marital vocation is to bring forth life which will last forever." (2)

The free donation of the couple to each other is what constitutes the marriage bond and is basic to the validity of the marriage. This free donation must be without condition and without constraint of any kind whatsoever either from persons or from circumstances or from tradition or culture.

The physical pleasure which accompanies the marriage act is put there by God to entice husband and wife to perform the act.

The marriage act, while being essentially a procreative act which "must always be left open to the transmission of new life," (3) is also a unifying act binding the spouses more closely physically, mentally and spiritually, giving to each other help and support. Their donation is total. They complete each other and become one in flesh.

The pleasure and moral support which they receive from each other give mutual enrichment and recompense them for the worries and troubles inseparable from bringing up a family.

"At the origin of every human person is a creative act of God," (4) because God must be active at every conception in order to transmit to the new person the divine attributes with which He endows the soul—immortality—intelligence—free will—and the power to love.

God, in confiding a child to parents, still retains the ownership and will call that child back to Himself some day whether it be after nine years or ninety years. In what state the soul will be when it meets its Creator will very much depend upon the upbringing by the parents in the very early years of life.

The parents, being not only the procreators but also the God-appointed educators of the child, must form and guide it for several years so that it may know how to "choose what is right and reject what is wrong." Stable, loving family life is necessary for this.

The father and the mother have each got their particular parts to play in the formation of the child, but the mother plays the more important role, being closer to the child in its earliest years. It is the mother who nurtures the child before and after birth and who forms and moulds its character through constant interaction. She is the home-maker, she is the primary custodian

and guardian of the child. These early years of formation in the home are of the greatest importance to the person and cannot be replaced by anything even university degrees. They have a profound effect upon the whole life of the person so much so that it has been said:

"The future of society is in the hands of the mothers."
(5)

The great Emperor Napoleon supports this:

"The future destiny of the child is always the work of the Mother".

And Abraham Lincoln says:

"All that I am or hope for to be, I owe to My angel Mother".

Chapter 2

MAN AND WOMAN, SOME MENTAL, EMOTIONAL AND SPIRITUAL DIFFERENCES

Man, and woman, while entirely different physically, mentally and spiritually, are nevertheless equal — they complement each other. What one lacks, the other possesses.

Let us take a look first at a few of the mental and emotional differences. Some are positive qualities and some negative:

A woman is intuitive and receptive, sensing what the situation is; while the man is more logical, he must find reasons for his decisions.

A woman has less control over her emotions, will weep more easily; but a man's passions are aroused much more quickly and he has less control over them. In this the husband should make allowances for his wife, and the young maiden should be on her guard in her behaviour and modesty of dress lest she find herself in dire distress.

In marriage a woman looks for affection and protection whereas a man is more interested in the pleasure of sex.

A man, physically stronger, has greater physical courage; but a woman has greater moral courage.

A woman is more likely to be unselfish and long suffering while a man is rather more selfish and bears pain and illness less courageously.

A woman gives greater attention to detail — tidiness, neatness — while the man sees things only in general.

Women fight with pins and needles and never stop poking; while men fight with a sledge hammer and quickly forget.

A woman is more gentle, kind and loving while a man has more of the animal in him. It is the work of the mother to tame the animal in her son as brought out by an incident in a concentration camp during World War II. A group of prisoners put themselves the question "why is there so much cruelty in the world today?" After much deliberation they decided that it was "because there are no longer any mothers."

Spiritually, a woman is more attracted to prayer and to all kinds of new devotions even bordering on the superstitious. She is more affective in her prayer, while a man is more effective and requires justification for his devotions.

It is however the duty of both father and mother to imbue their children with a belief in God. No matter what religion we belong to we all believe in One Supreme Being whom we call God. It is a basic necessity in each one of us as creatures to believe in and adore this God who is our Creator. This belief and confidence acts as an anchorage for us in life as brought out by a mental specialist, who was addressing a group of mothers. He was asked by one of them what was "the most important thing for parents to teach their children". He replied immediately, "a belief in God". He told how if his patient has a belief in God he can do something for him; if he does not believe in God he cannot do anything for him.

There have been people who have cursed their parents because they were brought up without a belief in God — they felt the void in their soul which nothing

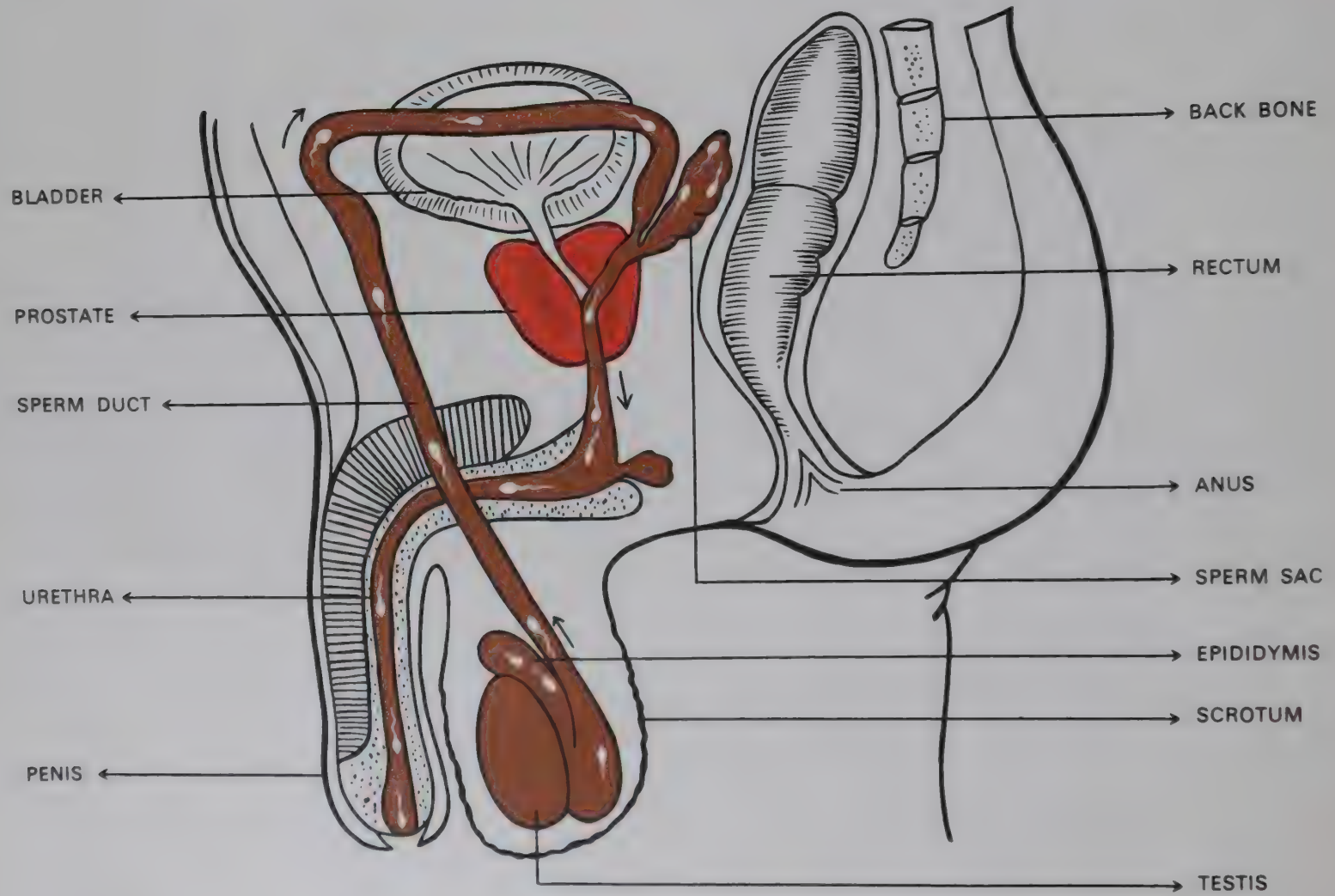
could fill. As St. Augustin says, "Thou hast made us for Thyself, O Lord, and our hearts will never rest until they rest in Thee".

According to Dr. Radhakrishnan, philosopher and late President of India, "We cannot draw a sharp line of distinction between religion and social life. Social organisation (Family) rests ultimately on a series of decisions taken by human beings as to the manner in which they and their followers shall live. These decisions are matters of *spiritual discernment* while actions to implement them require technical knowledge and social sense".

("Recovery of Faith" — p.27)

And so it is that in the everyday affairs of daily life, religious beliefs are passed on to the children by their parents. However this alone is not sufficient; the family, which is the basic unit of society, must come together daily and pray to God as a unit. As Fr. Patrick Peyton says: "The family that prays together stays together", and is blessed by God.

Figure 1
MALE REPRODUCTIVE ORGANS
(SIDE VIEW)



Chapter 3

THE REPRODUCTIVE ORGANS

Now let us look at the differences in physical make up between the man and woman:

THE MALE REPRODUCTIVE ORGANS

(Fig.1)

— TESTIS one on each side	A gland in which the sperms or male sex cells are produced. It also produces the male sex hormone testosterone.
— EPIDIDYMIS one on each side	Bodies lying beside the testis in which the sperms are stored for some days while maturing.
— SPERM DUCTS one on each side	Connecting the epididymis and the sperm sac.
— SPERM SACS one on each side at the base of bladder	For storage of sperms until ejaculated.
— PROSTATE GLAND only one at the base of bladder	Provides the liquid in which the sperms are carried.
— EJACULATORY DUCTS one on each side	Connects the sperm sacs with the urethra or urinary passage.
— PENIS only one.	Deposits the semen in the birth canal during the marital act. Also conveys the urine from the bladder to the exterior. (Due to a valve mechanism the semen and urine cannot pass at the same time).

The sperm or male sex cell mentioned above is composed of one single cell. Millions of sperms are produced and are available every day of the month. Under the most favourable circumstances they may live up to 5 days.

Figure 2a
**FEMALE REPRODUCTIVE ORGANS
(FRONT VIEW)**

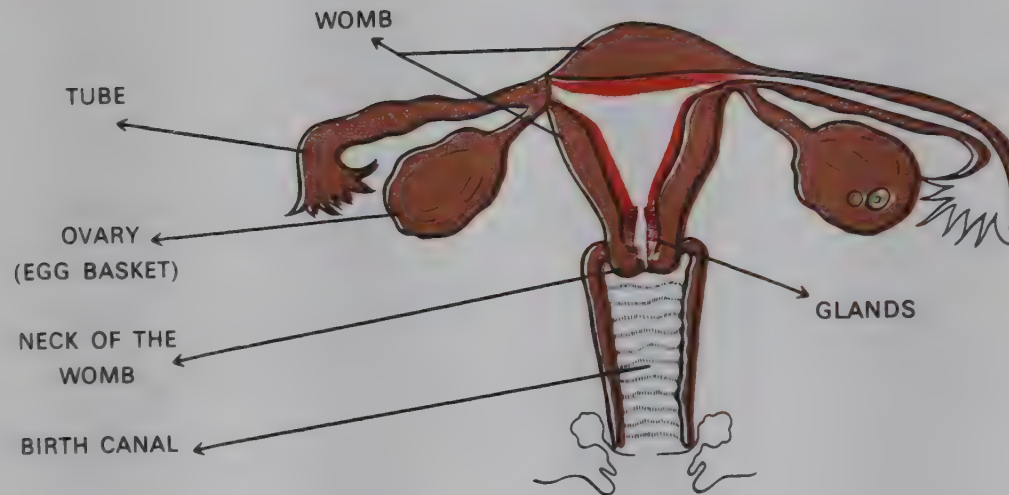
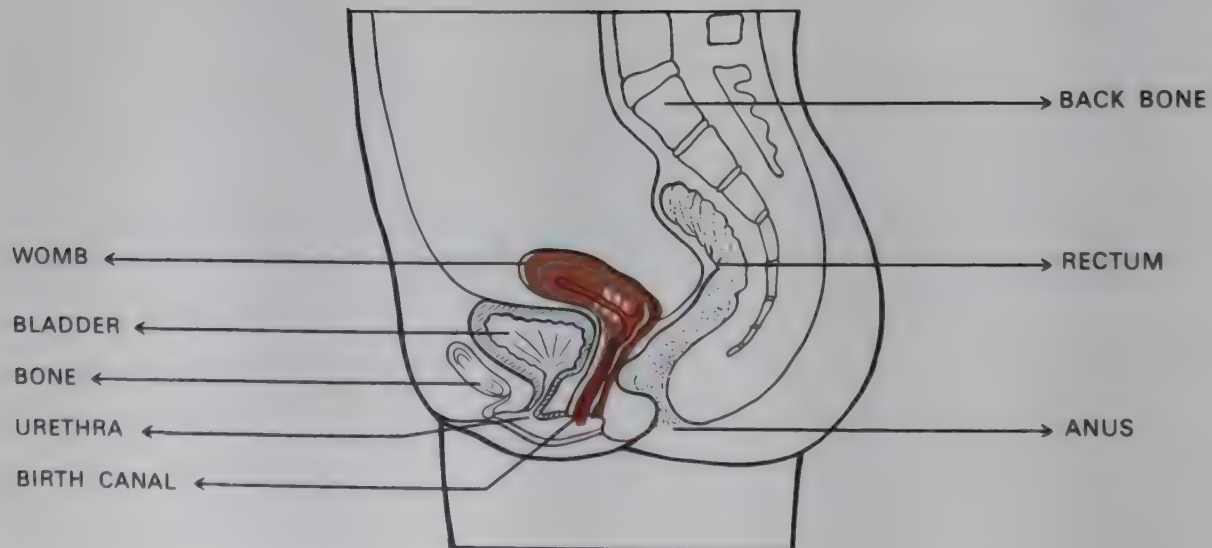


Figure 2b
(SIDE VIEW)



THE FEMALE REPRODUCTIVE ORGANS

(Fig. 2a and b)

The organs by which a woman conceives and bears children are:

WOMB

A hollow muscular organ situated low down in the abdomen where the child is formed and grows.

TUBES

Leading out from the top of the womb on each side.

NECK OF THE WOMB

Which leads into the birth canal.

BIRTH CANAL

Which communicates with the exterior.

OVARIES OR EGG BASKETS

Two small bodies on either side of the womb. They contain the immature ova or egg cells. They also produce oestrogen and progesterone, the two female sex hormones or chemical substances which control the functioning of the organs.

The egg cell or female sex cell is composed of one single cell: usually one egg cell is produced each month or less often. It is the size of a speck of dust and will die within 12 to 24 hours if not fertilised.

Figure 3a
CONCEPTION

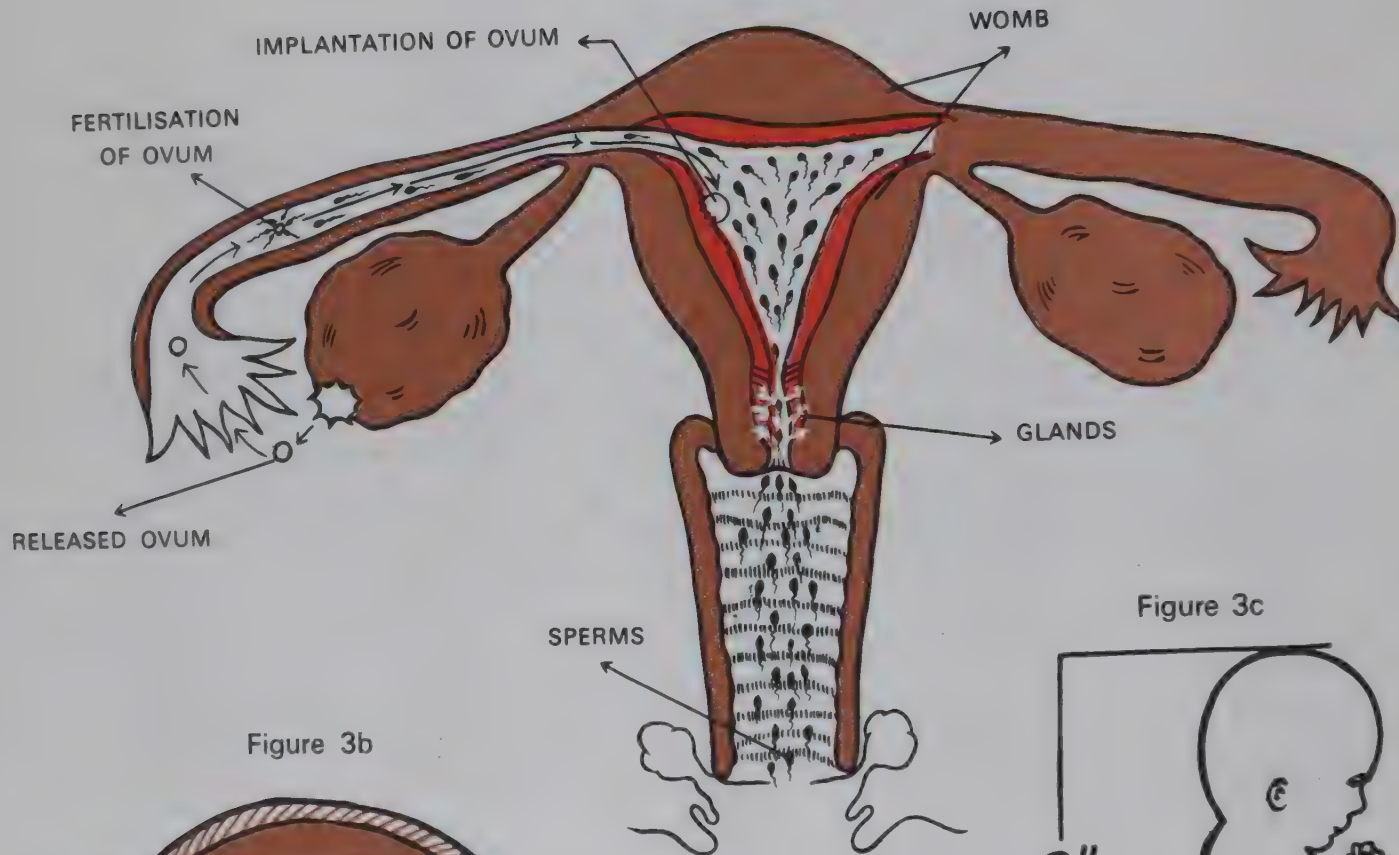
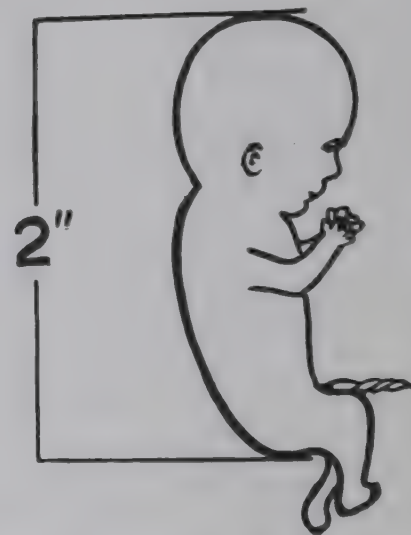


Figure 3b



BABY IN THE MOTHER'S WOMB —
2½ MONTHS AFTER MOTHER'S LAST MENSES

Figure 3c



ACTUAL SIZE AND FORM OF BABY, 3 MONTHS
AFTER MOTHER'S LAST MENSES.

Chapter 4

CONCEPTION (Fig.3)

Conception requires physical relationship between father and mother. The sperms deposited in the birth canal during the marital act make their way up through the neck and body of the womb, and into the tubes. If there is an egg-cell available (which occurs only once per month) it will be fertilised. This is the moment of conception when a new human being is brought into existence.

This "microscopic human being in its very earliest stage of development" (6) makes its way back down the tube until, after some days it reaches the womb where it embeds itself in the soft lining prepared for it.

It receives nourishment from the mother and its organs begin to be formed so that at 10 weeks after conception, that is 3 months after the mother's last menses, it is a fully formed human being measuring 2 inches from crown to rump (head to buttocks).

From this on it has only to grow.

If everything proceeds normally 266 days from the date of conception the womb begins to contract and by these contractions the baby is expelled — a child is born into the world.

At the same time milk comes into the mother's breasts. At first it is like water. This watery-milk clears out the baby's bowels, nurtures the baby and gives it antibodies to protect it against disease. Only when the baby has sucked away the watery-milk does full milk come into the breasts.

It must not be forgotten that child birth is a natural process. There is nothing more normal than that a married woman becomes pregnant, and there is nothing more normal and natural than that a pregnant woman gives birth to a child. House work is the best preparation for an easy delivery.

MARRIAGE BETWEEN NEAR RELATIONS

We all have weaknesses, physical or mental. Most of the time they are not very evident, neither to ourselves nor to anybody else, and so they do not cause any difficulty to us.

However, if a man with a certain weakness were to marry a girl with the same weakness the child may inherit the same weakness from both mother and father. Such a child may have a marked weakness, amounting to a handicap—mental or physical—which would be noticeable to everyone, impair its whole way of life and cause it to be a burden to the family.

The risk of transferring the same weakness from both parents is greater in the case when the father and mother are near relatives (first cousins or nearer). This is why it is considered unwise and unhealthy for near relations to marry.

For the good of the family, society and the human race we are advised to marry those who are not related to us at all or to marry distant relations not nearer than second cousins.

THE SEX OF THE CHILD

As said above a child is conceived by the union of the mother's egg-cell and the father's sperm. The mother usually produces only one egg-cell which is totally female, whereas the father produces millions of sperms some of which carry the male element and some the female element.

Depending on whether it is a sperm carrying the male element or a sperm carrying the female element which unites with the mother's egg-cell the child will be male or female.

Someone has described it in a very homely way by saying that the wife is like the soil and the husband the sower of the seed.

"LORD, IT WAS YOU WHO CREATED MY INMOST SELF,
AND PUT ME TOGETHER IN MY MOTHER'S WOMB;
FOR ALL THESE MYSTERIES I THANK YOU.
FOR THE WONDER OF MYSELF, FOR THE WONDER
OF YOUR WORKS.

YOU KNOW ME THROUGH AND THROUGH,
FROM HAVING WATCHED MY BONES TAKE SHAPE
WHEN I WAS BEING FORMED IN SECRET,
KNITTED TOGETHER IN THE LIMBO OF THE WOMB."

Psalm 139
V.13-15

Chapter 5

FEEDING THE CHILD

BREAST FEEDING

Breast feeding creates a bond between the mother and the child which is unique and precious — once this opportunity is missed it will never return. It gives the child a sense of being loved, of belonging, of protection which mean more to the child than the milk it drinks. The mother, too, enjoys being completely a mother. Don't forget that "The hand that rocks the cradle is the hand that rules the world." (4)

Mother's milk is best for the child as it is the milk put there by God for the child. No man-made or animal-made milk can ever excel it. It is of great benefit to both the mother and child when the mother is able to establish breast feeding successfully.

Breast feeding saves time, money and energy, avoids infection due to unclean or improperly prepared feeds.

It is good for the mother to breast feed her child as this makes the womb contract thus preventing excessive bleeding, keeping it clean and helping it to return to its normal size. Besides, according to research, women who breast feed their babies are less liable to develop breast cancer.

With some women breast feeding also reduces their fertility as it prevents ovulation. With others this is not so.

SOLID FEEDING OF BABY

When the child is born it has a supply of certain food-stuffs which lasts for about 3 months and during these three months milk alone is sufficient for the baby. However, once these foodstuffs are exhausted, that is from the 4th month on, milk alone does not suffice.

Therefore, solid feeding should be started gradually in the 4th month by replacing a milk feed by a solid feed or by giving a solid feed before the milk feed.

Cereals are the best solids to begin with and of these raggi (kevr) is by far the best. It can easily be made into a congee with milk and sugar added.

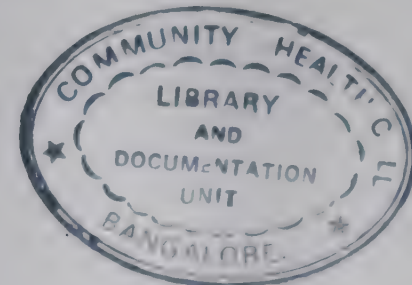
Fruit juices — e.g. orange or tomato — should also be started at this stage.

To begin with the solid feed can be at midday. According as the child gets accustomed to it another solid feed can be added in the morning then later another in the evening.

At about 6 months of age the child can be gradually introduced at the midday feed to anything which can be mashed, e.g. rice, potato, vegetables, (root and green leafy), pulses, egg, fish, fruits e.g. plantain.

02902

W.H.H. 1962



The simple table below is an example of what the mother should aim to give the child so as to ensure proper physical and mental growth.

TABLE I

<i>At the mid-day meal a combination of:</i>				<i>At other times:</i>			
A	B	C	D1	E	F	G	D2
Rice or potato	Green & Leafy vegetables e.g. spinach (keerai)	Root vegetables e.g. carrot	Pulses or egg or fish	Cereals e.g. Raggi (kevru)	Any fruits which can be mashed.	Milk	Bengal gram, nuts, meat.

Column **D2** may be added when the child is able to chew well.

The above Table may be used as a GUIDELINE FOR A BALANCED DIET THROUGHOUT LIFE.

MOTHER'S DIET

DURING PREGNANCY AND BREAST FEEDING

During pregnancy a woman should eat a good balanced diet with plenty of water taken between meals. She has to eat for two persons — herself and her baby. Her meals should be small and frequent.

Plenty of green leafy vegetables and milk are important, with body-building food such as egg, fish, pulses, etc.

In the first three months the diet should be low in fats — oil, ghee, butter.

In the last three months it should be low in salt and spices.

During breast feeding the same balanced diet is necessary. She still has to feed two persons. Full meals with plenty of water between meals especially after delivery.

Study of the above Table 1 will help to understand what is meant by a balanced diet.

RESPONSIBLE PARENTHOOD

“EVERY CHILD HAS THE RIGHT TO BE DESIRED,
TO BE PLANNED, AND TO BE LOVED’.

Every woman, in normal circumstances, knows when she has her menses, but for the rest of the month she takes no notice of what is happening except that she has some kind of white discharge at some time during the month or all through the month. She regards it as a recurring and inevitable nuisance and wishes she were rid of it.

But this discharge is very important. *It is this white discharge which is nature's way of telling the woman when she is capable of conceiving a child and when she is not.*

During the month there are certain days on which a woman is fertile (i.e. able to conceive a child) and other days on which she is infertile (i.e. unable to conceive a child). Her ability to conceive coincides with the release and life span of the ovum or egg-cell.

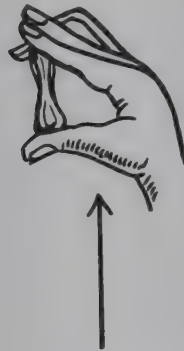
On the other hand her husband is fertile every day of the month. So the control of the number of children to be born into a family depends upon the knowledge of the wife's fertility and the husband's desire to use that knowledge for the benefit of the entire family.

Sometimes it will be a question of spacing the births of the children. Too long a space, e.g. 5 years, is not good as the children then belong to two different generations and don't benefit as they should from each other's companionship.

At other times it will be a case of limiting the size of the family. Here the parents are the sole judges deciding according to conscience after considering their economic, social, physical and mental condition.

Still others will be wanting to achieve a pregnancy. The Billings Ovulation Method explained in this booklet will help the couple in all these situations to fulfil their desire.

Figure 4
MENSTRUAL CYCLE



1	2	3	4	5
Menses	Days of Dryness or unchanging white Discharge	Thick changing white Discharge	Slippery Stretchy Lubricative white Discharge	Days of Dryness or unchanging white Discharge
+	- OR ⊖	○	♀	- OR ⊖
			or sensation of wetness	

Chapter 7

THE MENSTRUAL CYCLE

Because of the functioning of her organs the woman experiences changes during the month. This is what we call the Menstrual Cycle.

The Menstrual Cycle lasts from the first day of one menses to the first day of the next menses. Let us look at it as the woman sees it while following Figure 4.

1. *THE MENSES* is a monthly bleeding which lasts for a varied number of days for each woman and for each menstrual cycle. Let us represent it by +
2. *DRY DAYS* may follow the menses, days on which there is no discharge of any kind. We shall represent it by —
3. *A THICK STICKY WHITE DISCHARGE* may be observed after the dry days or immediately after the menses. We shall represent it by a drop ○
4. *A SLIPPERY STRETCHY LUBRICATIVE DISCHARGE* (which may resemble raw egg white) will gradually replace the thick sticky white discharge. This may last from a few hours to a few days. It is slippery, stretchy, stringy, lubricative. (See Figure 4). Some women describe it as being like nasal discharge. Represented by the same drop ○ but with a small x under it. Thus ○_x
5. The slippery lubricative discharge will be followed by *DRY DAYS* until the beginning of the next menses.

NOTE WELL — *THE DRY DAYS* described in Nos. 2 & 5 are replaced in some women, by days of *UNCHANGING WHITE DISCHARGE*. This discharge may vary in appearance from woman to woman but very often it is milky-watery, like rice water. The essential characteristic of this discharge is that it does not change from day to day e.g. for 2, 3, 4 or more days and it is easily cleaned off. We shall represent it by ⊖

ALSO — Most women see a white discharge but a few don't. These latter should be on the watch out for a *SENSATION OF DAMPNESS OR WETNESS AROUND THE VULVA* (between the thighs) on certain days between the menses. (See Figure 4 Column 4 bottom).





At this stage it is desirable that the woman should stop reading and reflect if she can recall these signs during her menstrual cycle.

In order to get a correct picture of the basic pattern of her white discharge the woman should abstain from intercourse for one month while charting her discharge daily.

A woman with a continuous white discharge *may* need to observe herself closely for more than one month especially in the first part of the cycle, in order to be sure whether her white discharge is changing or unchanging.

Figure 5

THE SEASONS OF THE WOMAN

THE SEASONS OF LIFE									
1	2	3	4	5a			5b		
Menses	Days of Dryness or unchanging white discharge	Thick sticky changing white discharge	slippery stretchy lubricative white discharge	3 Days after slippery lubricative discharge stops			days of dryness or unchanging white discharge		
+	- OR -	☺	☺ X	☹ X	I	II	III	- OR -	
									
+	- OR -	☺	☺ X	☹ X	I	II	III	- OR -	
Not pregnant	"No Baby" Days	"Baby " days			"No baby" Days.				
				peak	ovulation				

THE SEASONS OF THE WOMAN

Now let us see what all this is telling us about a woman's physiology or the working of her body while referring to Figure 5.

1. **THE MENSES:** Appearance of the menses usually means that the woman has not conceived a child and so the lining of her womb which was prepared to receive a tiny baby is being stripped off and passed out with a certain amount of bleeding. +

2. **DRY DAYS:** Indicate that she cannot conceive on these days. They are *NO BABY DAYS*.—

3. **DAYS OF THICK, STICKY, WHITE DISCHARGE (CHANGING):** Her *BABY DAYS* are beginning and so we put a face into the little drop of discharge. ☺

4. **DAYS OF SLIPPERY, LUBRICATIVE DISCHARGE:** These are her best days for conceiving a child — Her *BEST BABY DAYS* — and so we put a face into this drop of discharge too with a small x under it. ☺
x

THE LAST of these days of SLIPPERY LUBRICATIVE DISCHARGE is called **PEAK DAY** and has a large x marked over the whole symbol to show that it is a very important day ~~☺~~ the most important day of the whole month. ~~x~~

(The large x can only be marked on the following day when the slippery, lubricative discharge has disappeared).

5a. **OVULATION OR THE RELEASE OF THE EGG-CELL** takes place within 24 HOURS after peak day. The 3 DAYS AFTER PEAK DAY are days on which

there is still a diminishing possibility of conceiving a child, and so they are still *BABY DAYS*. They are represented by numbering them I, II and III.

5b. From the end of the 3 DAYS AFTER PEAK DAY until the next menses there is no possibility of conception as the egg-cell is dead. Whether they be dry days — or wet days ⊖ they are "*NO BABY*" DAYS.

NOTE WELL: AN UNCHANGING WHITE DISCHARGE indicates that the woman is not fertile on those days. They are *NO BABY DAYS*.


ALSO: For a woman who has only a sensation of dampness or *wetness around the vulva* on certain days between the menses, these dys are her *BABY DAYS*.

From what has been said above it may be understood that the SLIPPERY, LUBRICATIVE WHITE DISCHARGE is the key indication of a woman's fertility and the last day of this discharge — **PEAK DAY** — can tell her when her *BABY DAYS* end and her *NO BABY DAYS* begin. This slippery discharge gives nourishment to the sperms and helps to prolong their life. It is constructed in such a way that it allows the sperms easy passage into the womb. It is therefore very favourable to the life of the sperm.

"THERE IS A SEASON FOR EVERYTHING,
A TIME FOR EVERY OCCUPATION UNDER HEAVEN;
A TIME FOR EMBRACING,
A TIME TO REFRAIN FROM EMBRACING"

Ecclesiastes: 3:1-5

Figure 6
AVOIDING PREGNANCY

1	2	3	4	5a	5b
Menses	Days of Dryness or unchanging white discharge	thick sticky changing white discharge	Slippery stretchy lubricative white discharge	3 Days after slippery lubricative discharge stops	Days of Dryness or unchanging white discharge
+	- OR ⊖	☺	☺ X	☹ X	- OR ⊖
					
+	- OR ⊖	☺	☺ X	☹ X	- OR ⊖
No intercourse nor close genital contact	Intercourse every 2nd night if desired	PEAK No intercourse nor close genital contact			Intercourse as desired. No possibility of conception.

Chapter 9

AVOIDING PREGNANCY

The wife having acquired this knowledge of herself the couple may now choose to have a baby or to avoid having a baby as circumstances and conscience dictate.

The Rules for avoiding pregnancy are now self-evident. Let us look at the **BABY DAYS** and **NO BABY DAYS** while following Figure 6.

- | | | | |
|---|-------------|--|---|
| 1. DAYS OF MENSES | + | :: | No intercourse nor close genital contact.
(Early Days Rule I) |
| 2. DRY DAYS
DAYS OF UNCHANGING
WHITE DISCHARGE | — | :: | Intercourse every second day at night if desired.
(Early days Rule II). |
| | ⊖ | (See Notes No. 3 & 4).
(See Caution I below). | |
| 3. DAYS OF THICK STICKY
WHITE DISCHARGE (CHANGING) | ⊙ | :: | No intercourse nor close genital contact from onset of thick
(changing) white discharge until 4th day after PEAK.
(Peak Day Rule) |
| 4. DAYS OF SLIPPERY
LUBRICATIVE DISCHARGE
LAST DAY — PEAK DAY | ⊙
X | :: | (See Caution II below). |
| 5a. 3 DAYS AFTER PEAK I
II
III | ⊙
X
X | } | |
| 5b. FROM 4th DAY AFTER
PEAK DAY
WHETHER DRY OR WET
TILL NEXT MENSES. | —
⊖ | :: | Intercourse as desired. |

NOTES:

1. For the woman who has only a sensation of DAMPNESS or WETNESS between the thighs on certain days she should avoid intercourse and all close genital contact on these days and for three days after, that is till the evening of the 4th day.
2. If there are days of BLEEDING or SPOTTING BETWEEN MENSES she should avoid intercourse and all close genital contact during these days and for three days after.
3. MISSED MENSES: In the case of the menses not appearing when expected, the woman should check her chart to see if she has kept the rules correctly, (for this, marking the days of intercourse on the chart is very helpful). If she has kept the rules for avoiding pregnancy, she can be confident that she is not

pregnant and that ovulation has been delayed in this cycle. She should continue to follow the Early Days Rule II until bleeding occurs or definite signs of fertility with the Peak day.

4. In the first part of the cycle intercourse is allowed only every second night. On the day after intercourse there will usually be a return of semen from the birth-canal. It may resemble the discharge which occurs as the woman is coming towards ovulation. Intercourse is avoided on this day so that no confusion can occur. If the woman notes the days of intercourse on her chart the reason for this discharge will be seen immediately.
5. What a woman sees or feels between the thighs is sufficient information for her to be able to follow this method. *The finger should not be inserted into the birth-canal as it will give misleading information.*



CAUTION-I

SHORTENING OF MENSTRUAL CYCLE

The length of a woman's menstrual cycle (from 1st day of one menses to the 1st day of the next) may change. It may become shorter or longer. The shortening or lengthening takes place in the first part of the cycle, that is from 1st day of menses to next PEAK day, NOT in the second part from PEAK day to 1st day of next menses. Figure 7 will explain.

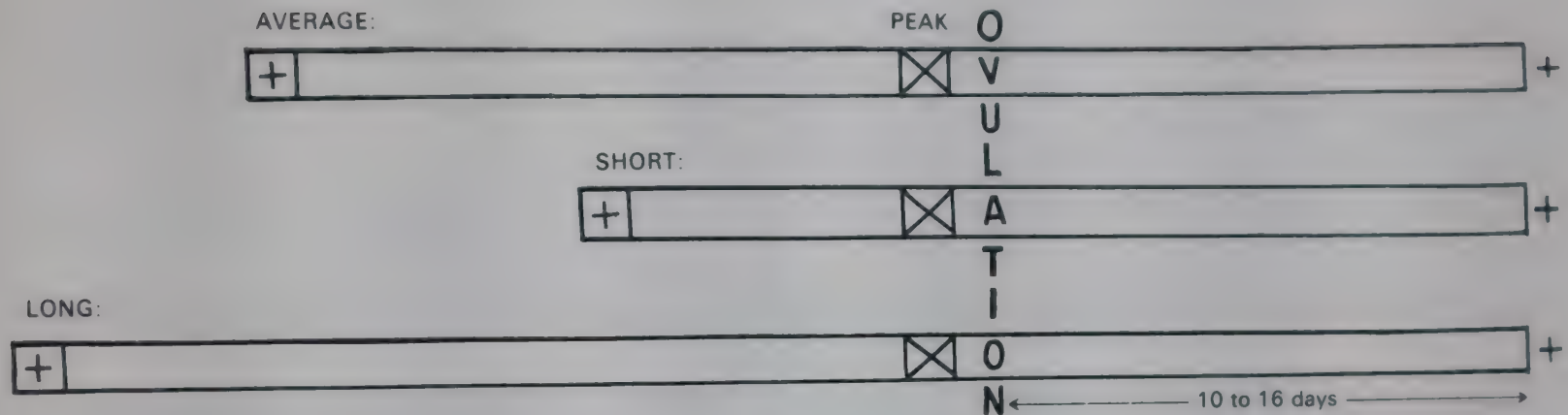
For any one particular woman the number of days between PEAK and the next menses usually remains fixed. The usual variation from woman to woman is from 10 to 16 days.

Should the length of her menstrual cycle have shortened the days following immediately on her menses — and even the menses themselves — may already be fertile days.

It is therefore of the greatest importance that a woman who is having a discharge observes herself carefully on the days immediately following her menses to see exactly what type of discharge she has — unchanging or changing thick and sticky — before proceeding to resume intercourse.

Remember: Every cycle is different and every woman is different.

Figure 7
MONTHLY CYCLES



CAUTION-II

STRESS SITUATIONS

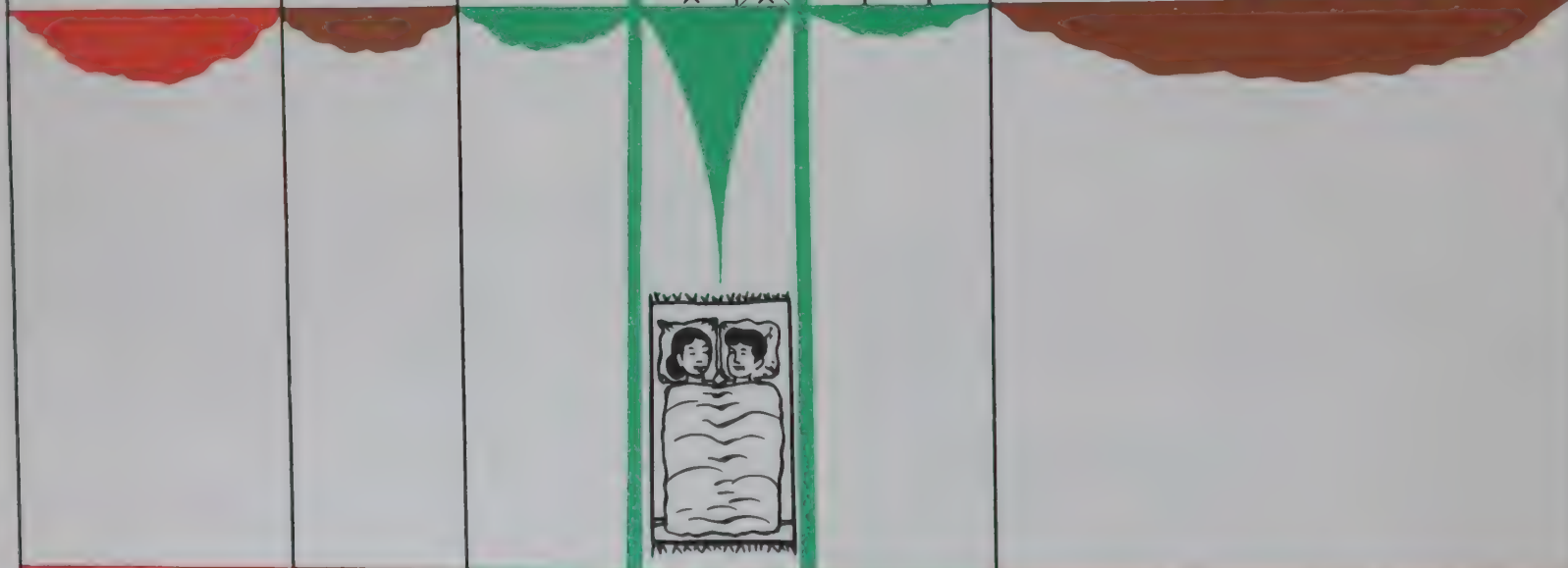
We all have our EMOTIONS and times of STRESS and sometimes our emotions and stress situations interfere with the working of our bodies. For instance, if we are afraid and worried we may not have appetite or sleep. In times of anger a man becomes physically very strong. In the same way if a woman has an emotional upset her OVULATION MAY BE DELAYED. For instance news of the death of a loved one, an illness, etc.

And so we advise: If a woman has any emotional upset during the passage of the slippery lubricative

discharge, she must be careful to notice if the slippery lubricative discharge, ceases *gradually* or *suddenly*. If the slippery lubricative discharge ceases *GRADUALLY* then her emotions have interfered with her ovulation which will be delayed — it is a *FALSE PEAK* and she must watch out for the true PEAK (which will come before ovulation) before counting three days and resuming intercourse.

If the slippery lubricative discharge ceases *SUDDENLY* it is a *TRUE PEAK* and ovulation will take place within 24 hours.

Figure 8
ACHIEVING PREGNANCY

1	2	3	4	5a	5b
Menses	Days of Dryness or unchanging white discharge	thick sticky changing white discharge	Slippery stretchy lubricative white discharge	3 days after slippery lubricative discharge stops	Days of Dryness or unchanging white discharge
+	- OR ⊖	☹	☺ X ☹ X	I II III	- OR ☹
					
+	- OR ⊖	☹	☺ X ☹ X	I II III	- OR ☹
	Intercourse every 2 or 3 days if desired	Best "Baby" days	Peak	Intercourse as desired	

Chapter 10

ACHIEVING PREGNANCY

If the couple wish to have a baby naturally the **BABY DAYS** must be used for intercourse — the most fertile days are the day(s) of *SLIPPERY LUBRICATIVE DISCHARGE*.

Earlier in the cycle before the arrival of the slippery lubricative discharge, it is suggested that intercourse should not occur more frequently than every two or three days, so that the husband is at a high level of fertility at the same time as his wife.

For women who have only a sensation of dampness or wetness around the vulva on certain days between the menses these days are the best days for conceiving a child — the *BEST BABY DAYS*.

INFERTILITY

There are many couples who find it difficult to achieve a pregnancy. For these couples making them aware of the most fertile days of the wife's cycle is the first important step in the management of their infertility.

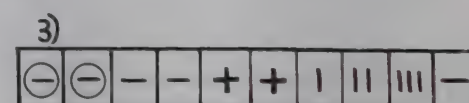
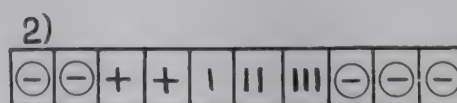
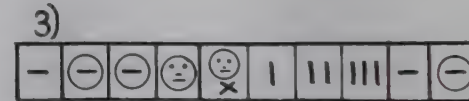
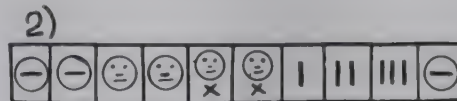
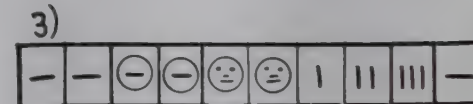
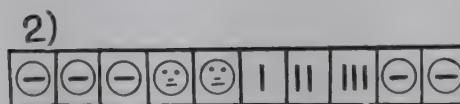
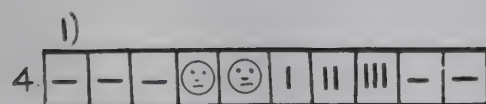
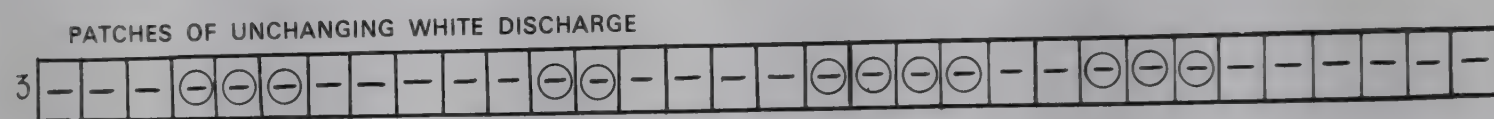
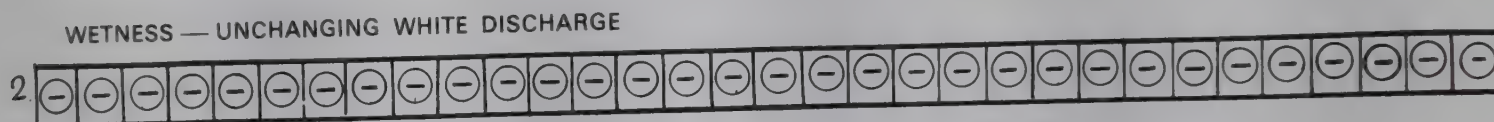
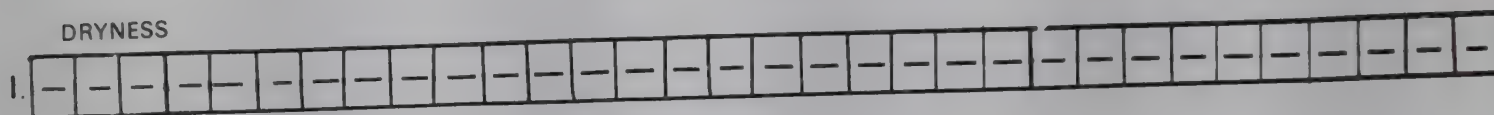
Teaching the wife how to recognise her most fertile day(s) has helped many to achieve conception.

Some women are fertile only in occasional cycles, may be only once in 6 months, and must watch carefully for the slippery lubricative discharge which may last only for half a day in order to use this time for intercourse.

This method has also helped many couples where the husband has a low sperm count.

If after using this method to achieve a pregnancy for 12 months the wife has not conceived the couple should consult a doctor as this method can succeed only if the couple is in normal condition of health.

Figure 9
BREAST FEEDING CHART



Chapter 11

AVOIDING PREGNANCY DURING BREAST FEEDING

To avoid pregnancy during breast feeding it is important to watch out for the slippery lubricative white discharge which is a definite sign of returning fertility or even a changing white discharge which may also mean returning fertility. Do not wait to see the menses.

Usually about three weeks after delivery all blood stained discharge stops. At this stage the woman must be observant if she wishes to avoid a pregnancy. She must chart her findings and if possible, have the guidance of an experienced teacher of the ovulation method.

The findings of the woman usually fall into one of three patterns: 1, 2 or 3.

1. **DRYNESS:** No discharge whatsoever. In this case the couple may have intercourse every second day if desired. See Fig.9-1.

2. **WETNESS:** Continuous *unchanging white discharge* usually milky watery (like rice water). In this case, too, the couple may have intercourse every second day if desired. See Fig. 9-2.

3. **PATCHES OF UNCHANGING WHITE DISCHARGE:** Some days of thick white discharge—may be flaky, crumbly — followed by some days of dryness. The woman should observe herself for about two weeks to make sure that *the type of discharge is the same for each patch*. She may regard herself as not able to conceive and therefore may have intercourse every second day if desired. See Fig.9-3.

4. Any *change in the type of discharge* in 1, 2 or 3 must be regarded as a warning sign that fertility *may be* returning and intercourses must be avoided during these days of **CHANGING DISCHARGE** and for three days after the discharge has stopped. See Fig.4-1, 2, 3.

5. The appearance of slippery, lubricative discharge may follow the changing discharge and is a *definite sign* of returning fertility. Intercourse must be avoided during the passage of these discharges and for 3 days after they have stopped. See Fig.5-1,2,3.

6. Spotting or bleeding or pinkish or brownish discharge must also be regarded as a possible sign of fertility and no intercourse may be had during the passage of this discharge and for 3 days after it has stopped. See Fig.6-1,2,3.

Eventually, after a certain time (varying from weeks to months to years) when the *slippery lubricative discharge* appears it indicates the return of fertility. The menstrual cycles which will follow may be somewhat irregular, especially if the mother continues to breast feed, but the rules for avoidance of pregnancy in the normal situation may be followed. (See Chapter 9).

CHART

1st day of menses to be marked in this column.
Date of 1st day of menses to be marked in this column.
Symbols as above may be used or any others which the couple understands.

Chapter 12

THE BILLINGS' OVULATION METHOD (not to be confused with Rhythm or Calendar method)

The method of Natural Family Planning explained in this booklet is the *BILLINGS OVULATION METHOD* (sometimes referred to as "The Mucus Method"). It is best used alone, not in combination with any other method, neither natural nor artificial.

Charting is advisable at least for some months until the couple has made the method a "way of life". Charting increases the safety of the method. The first day of menses is always marked in the first column on the left hand side with the date alongside it.

The above symbols may be used in charting or any others which the couple understands. A simple note book ruled from top to bottom as well as from side to side will suffice for several years of charting, or symbols may be marked on a wall calendar.

A woman may use this method in every situation of her fertile life:-

1. Regular menses.
2. Irregular menses.
3. Breast feeding.
4. Pre-menopause.
5. In case she has been taking the contraceptive pill this method may likewise be used.

In the last four situations she would require guidance from a trained teacher of the method, and charting is absolutely necessary. The situations may be handled by following the relevant rules for the different types of discharge as set out above.

PRE-MENOPAUSE: Pre-menopause requires a special word.

The woman ceases to have menses — commonly called "change of life" — about the age of 45 years.

Before the menses stops completely, usually there is a period of months or years (that is pre-menopause) in which the menses may become:-

- (a) irregular,
- (b) scanty or excessive in quantity.
- (c) the woman may also have hot flushes.

The rules given above may be followed during this time.

Suffice it to add that the day when the woman has a **HOT FLUSH** is a day when she is not fertile—it is a **NO BABY DAY**.

Should a woman have a recurring, excessive flow of menses she ought to consult a doctor without delay.

A DAY TO DAY METHOD:

It cannot be over emphasised that this is a *day to day method* — no calculation back or forward except for the three days after **PEAK**.

Remember every woman is different and every menstrual cycle is different.

Chapter 13

CONCLUSION

THE BLLINGS' OVULATION METHOD

- Is a means of exercising responsible parenthood which quickly becomes a way of life.
- It is in full accord with the laws of God and of nature.
- It has been scientifically substantiated by thousands of laboratory tests.
- It is reliable — provided the couple keeps the rules.
- It has no evil side affects nor after effects.
- It requires neither operation nor medication nor devices.
- It is easy to follow and inexpensive.
- It allows the couple to retain their fertility.
- It enables all pregnancies to be planned.
- It can assist couples to achieve pregnancy, or to avoid it.
- It does not require regularity of the menstrual cycles.
- It may be used successfully during lactation and pre-menopause.
- It enhances the marriage relationship, establishing physical and mental harmony.
- It calls for co-operation by both partners, for which loving concern for each other is essential.
- It is interesting to know that this method of fertility control has been traditionally used by the Bantu tribes in Africa and by the Sioux Red Indians of North America, thus proving that it is a method suitable for all — the lowly and unlearned as well for the educated and elite.

“CREATE — ALWAYS CREATE;
TO CREATE IS NOBLE, UPLIFTING, INSPIRING;
BUT THE MOMENT YOU SEEK TO GRATIFY THE
SENSSES
BY MERELY ENJOYING THE CREATIVE POWERS
YOU BEGIN TO CHEAT CREATION
AND TO DESTROY ALL THOSE HIGHER SPIRITUAL
FORCES WITHIN YOU.
IT CAN END ONLY IN DISAPPOINTMENT”.

Mahatma Gandhi

BIBLIOGRAPHY

1. Wordsworth
2. Pope John Paul II. Discourse
Washington 1979.
3. Pope Paul VI: "Humanae Vitae" No.11.
4. Pope John Paul II: To a group
17 September 1983
"Responsible Parenthood, Scientific,
Philosophical, Theological foundations."
5. De Beaufort.
6. Robert Edwards & Patrick Steptoe
in "A Matter of Life".
London 1981.
7. W. R. Wallace.



"GOD ALWAYS FORGIVES
MAN SOMETIMES FORGIVES
NATURE NEVER FORGIVES"

